

Soup of the Sea

6 large green prawns, peeled, tails intact

80gr spangled emperor fillet, cut into ½ inch wide strips

200gr mussels, cleaned

80gr scallops, roe on

60ml extra virgin olive oil

1 king prawn, head and tail on, body peeled

80gr baby squid cleaned, slice tubes and leave tentacles intact

60ml white wine

100ml fish stock

25gr tomato paste

5gr fresh basil

1gr minced garlic

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Heat oil; add garlic followed by mussels and white wine.

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Cove and simmer until mussels open.

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Stir in tomato paste; add fish stock, spangled emperor, prawn cutlets and the remaining seafood.

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Cover and simmer for 3 minutes.

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Add herbs, season to taste with salt and pepper.

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Serve in an oversize bowl with herb focaccia.